



*Click the logo to follow us!*

# Healthy Columbus

Employee Wellness Program Newsletter



"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually."

GREG ANDERSON







# Q1 GROUP FITNESS CLASSES

**Q1 Classes are going  
on now!**

**Drop into one today!**

**Q1 Classes run until March 16, 2018**

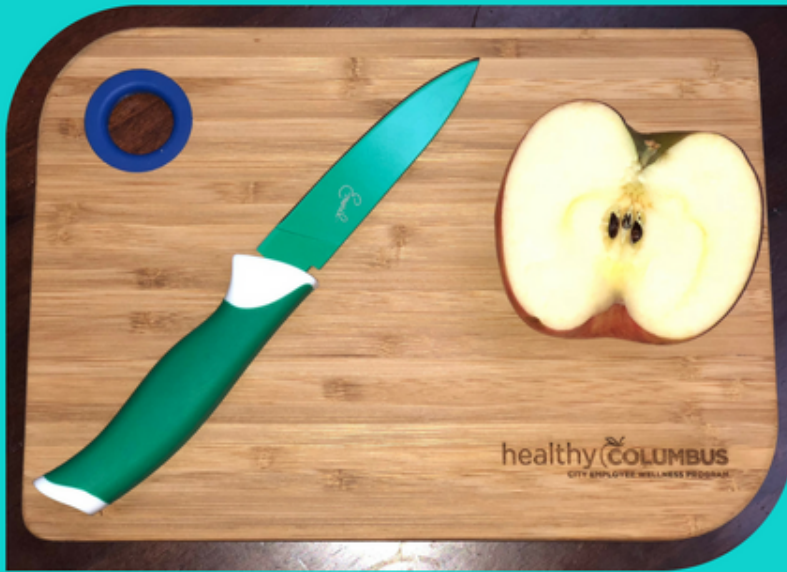
23 on-site group fitness classes  
are offered each week to  
employees at no cost!

If you have any questions about  
any of our Group Fitness  
Classes, please reach out to us!

Brandon Kimbro:

[BTKimbro@columbus.gov](mailto:BTKimbro@columbus.gov)

Adult dependents on the City's health plan are permitted to attend with prior authorization.



## TURKEY SLICES ON "APPLE CRACKERS"

TURKEY & APPLES ARE AN INTRIGUING SANDWICH PAIRING. BETWEEN MEALS, SKIP THE BREAD AND CUT THE APPLE IN ROUND SLICES FOR A SOLID, CRACKER-LIKE BASE.



**Win this  
cutting board!  
Read our  
Facebook post  
for details!**



# Front Street **FITNESS**

CITY EMPLOYEE FITNESS CENTER

THE CITY OF  
**COLUMBUS**

ANDREW J. GINTHER, MAYOR

**HELPING YOU GET  
RESULTS YOU WANT**



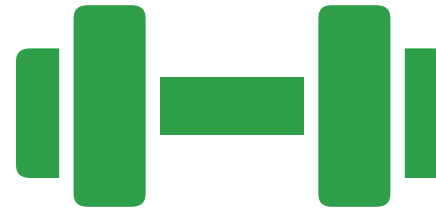
Don't let fear stop you!

Exercise programs can be intimidating.

Whether you feel like a fitness failure or a fearful first-timer, relax; we'll be with

you every step of the way.

We'll ensure you get off on the right track with the right program based on your specific goals.



**CARDIO**

**STRENGTH**

**CARDIO & STRENGTH**

**STRETCHING**

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:45AM				Dynamic Warm up	DB/KB Power HIIT
12:00PM	Total Body Strength	Bodyweight HIIT	STRAIGHT CORE	Power & Endurance Bootcamp	
12:15pm					
12:30PM	Stretching	Endurance Training	Stretching		

Let us show you how to ensure success!

Schedule a consult with Ashley and Pat to set up your plan to progress!

Pat Shick - [PLShick@columbus.gov](mailto:PLShick@columbus.gov) Ashley Harris - [AJHarris@columbus.gov](mailto:AJHarris@columbus.gov)



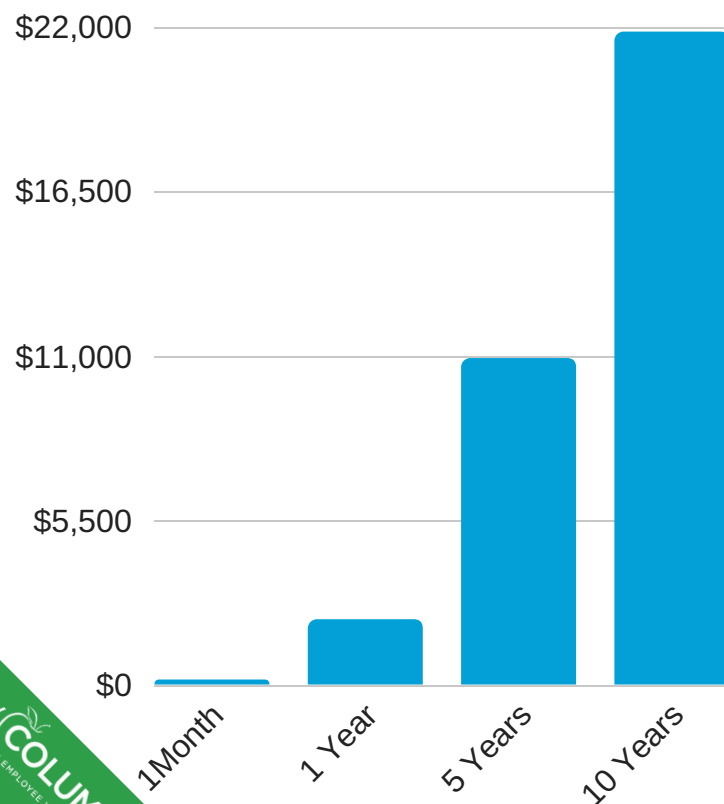


**American  
Cancer  
Society®**

**Quit For Life®** Program



## Your Savings\* Over 10 years



**ENROLL NOW:**

**[www.quitnow.net](http://www.quitnow.net)**  
**1-866-QUIT-4-LIFE**

All City employees and adult dependents on the City's health plan can quit any kind of tobacco products (including smokeless) for free through the Quit for Life Program. Participants get free patches or gum, access to 24/7 support, a tailored quit plan and mobile games to distract you during cravings.

\*Savings based on a 1 Pack a Day habit at \$6.00 a pack



**Real Appeal®** is a digital weight loss program customized to what works for you with up to a year of support.

Transformation  
Coach



Real Appeal  
member

**Weight loss that's free.\*  
A transformation that's real.**

\*Real Appeal is available at no additional cost to employees with our UnitedHealthcare medical plan with a BMI of 23 and higher, subject to eligibility.

**Real Appeal®** is a digital weight loss program customized to what works for you with up to a year of support. With Real Appeal, you learn simple steps to help you transform.

THE CITY OF  
**COLUMBUS**  
ANDREW J. GINTHER, MAYOR

DEPARTMENT OF  
HUMAN RESOURCES

Find out if you're eligible and start  
your Real Appeal success story at  
**[cityofcolumbus.realappeal.com](http://cityofcolumbus.realappeal.com)**

For the best experience, access Real Appeal from your own device.

healthy **COLUMBUS**  
CITY EMPLOYEE WELLNESS PROGRAM

Click anywhere on this page to be taken to the City of Columbus Real Appeal Website © Real Appeal 2017 #MSC1220



# Create Healthy Habits, Not Restrictions.

Please don't hesitate to contact us if  
you have any questions

## The Healthy Columbus Team

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